

## **Abstract**

- Title:** Comparison of physical preparation for preschool children in the rhythmic gymnastics clubs
- Objectives:** The main objective of this work is compare physical preparation in the two rhythmic gymnastics clubs for preschool children
- Methods:** In this work, we used the analysis and comparison. The analysis was utilized in the analysis of movement preparation and comparison of comparing the training unit in each section
- Results:** Differences were detected in the part of temporal distribution of training unit and in the execution time of flexibilities exercises. Both training plans diverge with professional literature.
- Keywords:** Rhythmic gymnastics, physical preparation, flexibility, training session, athletes

